

HOW TO MAKE THE PERFECT

# AMARULA CREAM LIQUEUR, VANILLA, AND TROPICAL FRUIT LOLLIES



**AMARULA**

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**PREP TIME** 15 min  
**FREEZING TIME** 1.5 - 2 hours

## INGREDIENTS

250ml Amarula Cream Liqueur  
1 vanilla pod, seeds scraped  
250ml double cream plain Greek yoghurt  
Tropical fruit of your choice  
Herbs of your choice

## METHOD

1. Wash and prepare the fresh fruit and herbs, chopping any fruit smaller if necessary to fit the lolly mould.
2. Scrape out vanilla seeds.
3. Combine the Amarula Cream Liqueur and vanilla with the Greek yoghurt.

*(see next page)*



AMARULA

## **METHOD** *(continued)*

4. Place the fresh fruit and herbs into the lolly moulds.
5. Top with the yoghurt mixture, making sure to fill all the gaps between the fruit.
6. Place in the freezer and freeze for one and a half to two hours, or until completely frozen.
7. Remove from the freezer a few minutes before serving. Allowing them to thaw slightly makes them easier to remove from the moulds.